



# BONHOMME RICHARD'S ALMANAC

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**"I have not yet begun to fight!"**



## OFFICIALS TRACE VIRUS TO APARTMENT

By Seth Mydans

Law enforcement agents staged a raid Monday on a Manila apartment from which they said a malicious computer program was unleashed last week, disrupting computer systems around the world. They took one resident into custody and ordered his roommate, a woman, to turn herself in.

The agents, including two representing the FBI, apparently expected to find the computer from which the attack was launched. A local official, Gil Alnas, said that no computer was found, but that a box containing 17 items including telephones, wires, computer disks and computer magazines was seized.

The officials would not say what

had led them to the apartment and did not characterize the moves as arrests. And they said the suspects — Reomel Ramones, 27, and his roommate, Irene de Guzman — were not necessarily the creators of the program, which they said could have been the work of anyone using the computer. They said there might be more suspects.

"It was only the computer used to launch the virus that was traced but anybody could use that computer," said an official of the National Bureau of Investigation.

The destructive program, which apparently originated through two e-mail addresses in the Philippines,

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## ANCHOR MAN AND THE OAK LEAVES



USS BONHOMME RICHARD (LHD 6) has it's own band. They performed Tuesday evening in the hangar bay, along with several guest singers. The group is now trying to book a gig with the personnel participating in Exercise Eastern Maverick. (Photo by JO3 Laura Wiggins.)

## INTERNATIONAL NEWS

### GERMAN SOLDIER WHO AIDED JEWS HONORED BY GERMANY *By New York Times*

Germany renamed a base here Monday after a soldier in Hitler's army who disobeyed orders, saved hundreds of Jews and was executed by the Nazis for his acts.

Anton Schmid, an army sergeant in the Vilnius ghetto, saved more than 250 Jews whom he managed to hide. He also supplied materiel and forged papers to the Jewish underground.

Arrested in January 1942 and summarily tried before a Nazi military court on Feb. 25, Schmid was executed on April 13.

### ISRAEL PREPARED TO WITHDRAW TROOPS FROM SOUTHERN LEBANON *By New York Times*

After a spate of border violence late last week, Israel is speeding up its preparations to withdraw troops from Southern Lebanon in case Prime Minister Ehud Barak decides to do so before his self-imposed deadline of July 7.

Senior military officials expect to be pulling out under fire, and several have indicated that they may as well withdraw as soon as possible and cut the losses they could sustain in the next two months.

## CONGRATULATIONS

Enlisted Aviation  
Warfare Specialist

AG1 Linda Flewellen

AMH1 James Disrud

EN2 Kurt Steiner (ACU-5)

## STOCK MARKET

The Nasdaq composite index dropped 147.44 points, or 3.9 percent, to 3,669.38, as technology stalwarts rolled back nearly across the board. The Dow rose 25.77 points, or 0.2 percent, to 10,603.63.

## BONHOMME RICHARD'S ALMANAC

*Capt. Robert J. Connelly, Commanding Officer*

*Lt. Cmdr. Laurie Rye, Public Affairs Officer*

*JOC (SW/AW) Stephen K. Robinson, Asst. Public Affairs Officer*

*JO1 (SW) Robert W. Garnand, Editor*

*JO3 Laura C. Wiggins, Staff Writer*

*Lt1 Jimmie Claspell, Print Shop*

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### \*THURS DAY'S STE TV SCHEDULE\*

#### CHANNEL 2

1030 MOESHA

1100 BATMAN & ROBIN

1630 ER

1730 JEOPARDY

1800 MOTOWN LIVE

1900 SOUL TRAIN

2000 THE SIXTH SENSE

2200 IN DREAMS

#### CHANNEL 6

1030 SISTER, SISTER

1100 PICTURE PERFECT

1630 MY FAVORITE MARTIAN

1800 SIX DAYS, SEVEN NIGHTS

1945 THE FUGITIVE

2200 GROSSE POINT

TV SCHEDULE SUBJECT TO CHANGE  
DUE TO OPERATIONAL COMMITMENTS

## INTERNATIONAL NEWS

### U.S. TO AID U.N. FORCES IN SIERRA LEONE

*By Blaine Harden and Christopher S. Wren*

The United States and Britain agreed on Monday to provide limited help to a U.N. peacekeeping mission in Sierra Leone that appears to be dazed and overwhelmed, with rebels killing civilians in the capital Freetown and continuing to hold more than 500 U.N. soldiers hostage.

But despite appeals from the U.N. secretary-general, Kofi Annan, for a rapid reaction force to save the peacekeeping effort, the Clinton administration agreed only to provide transport planes, and Britain was sending a 700-man force there primarily to assist with the evacuation of its nationals.

While emphasizing that it will not send ground troops, the Clinton administration agreed on Monday to transport 700 Bangladeshi soldiers to the west African country. But the airlift had no timetable and officials have said it was not clear when the troops would be ready to leave. The United States also sent a military team to nearby Nigeria to help organize the movement of up to

two Nigerian army battalions to Sierra Leone.

For several days, Annan has been asking Washington for help in airlifting peacekeepers from three battalions committed by Jordan, India and Bangladesh ahead of their scheduled deployment in Sierra Leone next month. The U.N. peacekeeping force is now 2,300 short of its Security Council mandated strength of 11,000.

The Clinton administration was waiting for the outcome of a summit of west African nations in Nigeria Tuesday to determine whether the peacekeeping force in Sierra Leone should be beefed up or essentially abandoned as a lost cause, American officials said.

**TRACE VIRUS** From Page 1  
has attributes of both a computer virus, which spreads parasitically by attaching itself to other programs, and a computer worm, which propels itself through computer networks.

It is one of the fastest-spreading and most destructive acts of computer vandalism on record. The program was sent as an attachment to an e-mail with the subject line "I Love You." By one estimate, it infected some 45 million users in at least 20 countries, and some companies and government agencies had to shut down their e-mail systems.



*Journalist First Class Robert Garnand sets up the video camera to record Sailors and Marines reading to their children as part of the United Through Reading Program. You can make an appointment for Tuesday or Thursday by calling 4031. (Photo by JO3 Laura C. Wiggins.)*

# CHINESE MARK ANNIVERSARY OF EMBASSY BOMBING WITH LOOK TO WARD FUTURE

*By Erik Eckholm*

One year ago Monday, university students were hurling bricks at the U.S. Embassy in a rage over the NATO bombing of the Chinese Embassy in Belgrade that killed three and injured 20. Now, they spent a balmy Monday attending classes or playing soccer.

The Chinese government, which last year railed against American imperialist ambitions, restated its position that the American explanation that the attack resulted from targeting errors remains inadequate. An editorial in the People's Daily called on Chinese to channel their continued anger into strengthening

the economy.

Many Chinese say they still believe the bombing had to have been intentional, meant to warn or punish China, and resentment persists. But now, the government and people want most to see the China trade bill pass Congress this month, solidifying economic ties by ending the annual review of China's trade status.

The authorities do not want to provoke the United States before the vote on the disputed legislation to grant China permanent trade privileges, and passed the word that demonstrations would not be in order.

## HEALTH PROMOTIONS TIP OF THE WEEK

### SPEED WORK CAN IMPROVE RUNNER'S PERFORMANCE

*By Suzanne Rostler*

Running at a higher level of speed and effort for a short period of time can help even weekend joggers to improve their level of fitness and boost the overall quality of their exercise, according to a Texas researcher.

"(Speed work) can help runners develop their fitness, help them perform better and introduce a way to vary the quality and spirit of their run," Dr. John Cianca, a sports medicine physician from Baylor College of Medicine in Houston, Texas, told Reuters Health.

The concept involves running at a faster pace for a fixed distance or amount of time. For example, runners who average a 10-minute mile during a typical run might try to run a single mile in 9 minutes.

The goal, said Cianca, is to

develop speed and train the body to handle the increased effort. Speed work trains the legs to move faster, works the heart and lungs, and helps a person develop better coordination, he said. Over time, the body will train itself to work more efficiently.

"All of these things contribute to increasing the power and speed you can develop," Cianca said.

While incorporating bouts of speed into regular workouts can improve overall performance, it can backfire without periods of recovery. Cianca recommends anything from a run at a light pace to a short walk to skipping a workout entirely.

"Do something less taxing the next day," Cianca said. "If you don't recover, then speed work will break you down."



## SPORTS

### PACERS TAKE 2-0 LEAD IN SERIES

*By New York Times*

Jalen Rose scored 30 points and the Indiana Pacers, despite not making a field goal over the final seven minutes, beat the Philadelphia 76ers 103-97 to take a 2-0 lead in the Eastern Conference semifinals.

### IT IS SIX AND OUT FOR THE LEAFS

*By Alex Yannic*

The New Jersey Devils dominated the Toronto Maple Leafs, 3-0, Monday night to win their second-round series in six games and reach the Eastern Conference finals for the first time since 1995. Judging by the way the Devils played, they didn't forget those failures. They allowed just six shots on goal, the fewest allowed in the playoffs or regular season since expansion in 1967. With Scott Stevens leading the way, they dominated all parts of the ice.

### NASCAR'S WINSTON CUP EXPANDS

*By New York Times*

NASCAR's booming growth will continue in 2001 with the addition of races in two big new markets. Races at new tracks in Joliet, Ill., and Kansas City, Kansas, will expand the Winston Cup schedule to 36 events in 2001, in time for the start of NASCAR's new \$2.8 billion, six-year television package with NBC and Fox.

### GOODEN'S PITCHING FALTERS

*By Buster Olney*

Veteran baseball people called him the greatest young pitcher they had ever seen when he was 19. But at 35, Dwight Gooden is hanging on, accepting opportunity from any team willing to extend it to him.

He signed a minor league deal with the Houston Astros before spring training, and after one start he was sold to the Tampa Bay Devil Rays. Now Gooden is pitching for his hometown team and is 10 victories short of 200.

But those 10 might seem like 10,000 to Gooden when he has games like Monday night's, in which he was pummeled in a 6-3 loss to the Yankees. Tino Martinez, Clay Bellinger and Paul O'Neill hit home runs for the Yankees. Andy Pettitte (2-1) threw six and one-third impressive innings, and Mariano Rivera bounced back from his worst outing of the season to earn his 12th save.

### OTHER AL SCORES:

Boston 3	Chicago White Sox 2
Kansas City 4	Detroit 1
Toronto 6	Baltimore 5
Texas 10	Seattle 1

### NL SCORES:

Florida 3	Atlanta 2
Colorado 3	Houston 1



Damage Controlman Fireman Melvin Agrazal of Repair Division performs a scheduled PMS check on a CP 95B Chemical Detector. Part of the check involves adjusting the calibration of the readings for the CP 95B. (Photo by JO1 (SW) Robert W. Garnand.)